

# LETS GET ACTIVE!

Well it's that time of year again when our school seriously starts talking about walking!

**Walk Safely to School Day** asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

**To promote this event, we have three meeting points where you could meet St Anthony's staff and together we will walk to school (both students and families are welcome!). The meeting points include St Anthony of Padua Catholic Church, C.V Kelly Park and Civic Park. Staff will assemble at these meeting points at 8:25am, ready to depart and walk to school at 8.40am.**

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 14 May 2021!



**MAY 14, 2021**